

**October 2023**

## Welcome to the Healthy Working Wales (HWW) E-bulletin

Our monthly e-bulletin provides regular updates from the HWW team, workplace health and wellbeing news as well as links to upcoming campaigns and events.

This month:

- Quality Statement for Musculoskeletal Health
- Rise in the Real Living Wage
- Bowel Screening Wales
- New legislation on Single-use Plastic Products

Feel free to share with your colleagues or networks, together with our [sign-up details and previous editions](#).



### Quality Statement for Musculoskeletal Health

Welsh Government has published a [quality statement for musculoskeletal \(MSK\) health](#) which sets out a vision for the development of better MSK care throughout a person's life. MSKs are the most common cause of physical disability globally and affect up to a third of Wales's population.

Welsh Government's aims are:

- To improve and protect the MSK health of the population from an early age.
- To reduce the number of people developing musculoskeletal conditions.
- As well as to improve the health and wellbeing of people with musculoskeletal conditions.

Employers have a crucial role to play in protecting employees' MSK health through preventing MSKs from developing or being exacerbated, promoting good health, as well as supporting employees with MSK conditions. For more information about how to do this take a look at the [HWW website](#). **We will be running a workshop for employers on MSK health in the near future – more details to follow soon!**

### Rise in the Real Living Wage

Fair reward is an important element of efforts to

implement the principles of fair work in Wales . The [Fair Work Commission](#), established by Welsh Government, published its recommendations in 2019 but there is still a way to go to implement many of the fair work characteristics including fair reward. You can find out more about what we mean by Fair Work, what the fair work characteristics are, and why it is important on [our website](#).



The Living Wage Foundation has announced a rise in the real living wage hourly rate to £12 for most of the UK including Wales. For more information about the benefits of paying the real living wage and how to become an accredited Living Wage Employer, take a look at [Living Wage for Wales](#).



## Bowel Screening Wales

Bowel screening age lowered to 51 in [Wales](#).

People aged 51-54 in Wales will now automatically receive at-home bowel screening tests.

Early detection can save lives, almost nine out of ten people survive bowel cancer when it is treated earlier on. Find out more from [Public Health Wales](#).

## The Environmental Protection (Single-use Plastic Products) (Wales) Act

From 30 October 2023 there will be a ban on anyone selling or supplying some single-use plastic products in [Wales](#).

In 2022, plastic and polystyrene accounted for 76.5% of all beach litter in Wales. Single-use plastics are discarded without thought, causing harm to wildlife and our environment.



What is being banned?

- Single-use plastic plates – this includes paper plates with a laminated plastic surface
- Single-use plastic cutlery – for example forks, spoons, knives
- Single-use plastic drinks stirrers
- Cups made of expanded or foamed extruded polystyrene
- Takeaway food containers made of expanded or foamed extruded polystyrene
- Single-use plastic balloon sticks
- Single-use plastic-stemmed cotton buds
- Single-use plastic drinking straws – with exemptions so people who need them to eat and drink safely and independently can continue to have them

[Business Wales](#) are asking businesses and organisations to get ready for the change by reducing their stock levels, recycling existing stock and consider switching to reusable alternatives – and where this isn't possible, looking at non-plastic alternatives.

## Key Dates

[International Stress Awareness Week](#) (30 October – 3 November)

International Stress Awareness Week was founded to raise awareness about stress prevention. 2023's theme is 'Beyond Stress Management: From Stigma to Solutions'.

### [Talk Money Week \(6 - 10 November\)](#)

The week is an opportunity to get involved with events and activities across the UK aimed at helping people have more open conversations about their money – from pocket money to pensions – and continue these conversations year-round.

Use Talk Money Week to kickstart a conversation in your workplace and with your customers.

Links to a range of health awareness campaigns can be accessed through the [HWW website](#).

### [Healthy Working Wales](#)



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